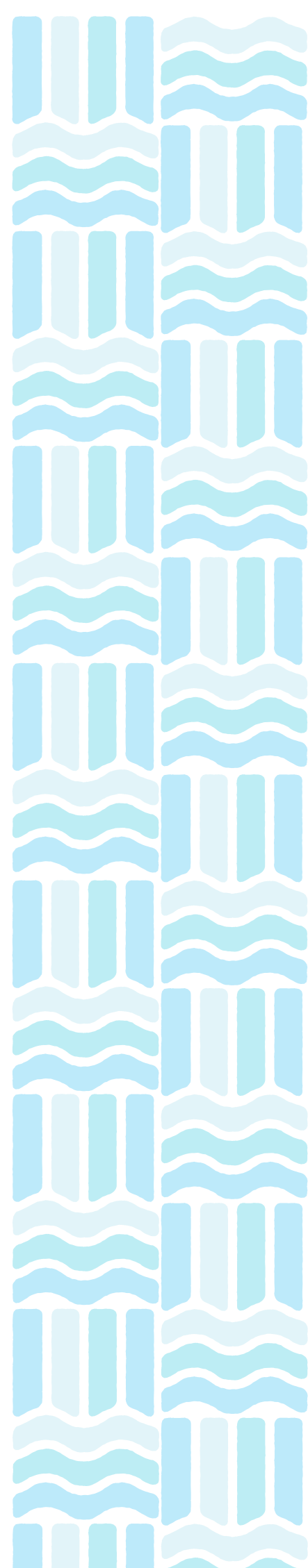


LA CASCADA

RESTAURANTE • BAR



La Cascada: where gastronomy is dressed in art and excellence is savored in every detail.



MEALS & DINNER

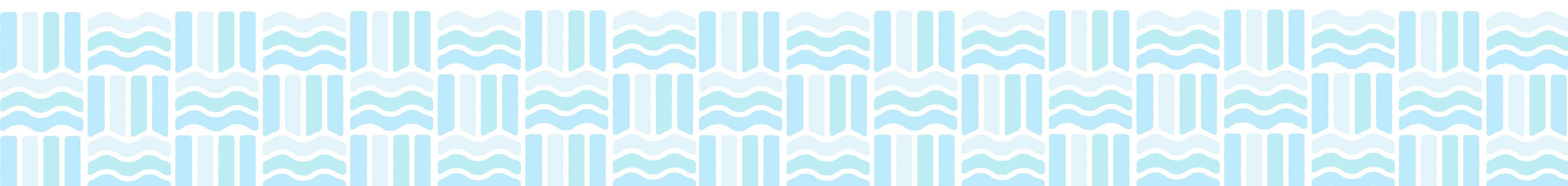
STARTERS

TUNA TARTARE (120 G) <i>Freshness and sophistication in perfect harmony. Impeccably cut saku tuna, marinated with precision in teriyaki and a touch of mild chipotle. Topped with crispy rice paper, furikake, and sesame seeds, accompanied by lavash bread to wrap up every note of flavor.</i>	\$210
CRUNCHY CRAB TACOS (80 G) <i>Delicate soft-shell crabs with a crispy crust. Served on a corn tortilla with hoja santa and a smooth avocado cream. A taco that balances crunchiness and tradition for a culinary experience.</i>	\$420
RIB-EYE CHICHARRÓN (150 G) <i>Choice quality rib eye tips, fried to perfection for a golden, juicy texture. Served with fresh guacamole from the garden, crispy bacon, and corn tortillas, in a dish full of character and flavor.</i>	\$420
MARROW WITH BRISKET (80 G) <i>Fluffy steamed bao bun filled with juicy pork belly glazed with teriyaki sauce. Served with a fresh mix of red cabbage, carrot, and spinach.</i>	\$330
BAO BONDE PORK BELLY 2 PIECES (80 G) <i>Esponjoso bao hecho al vapor, que abraza un pork belly jugoso y laqueado con teriyaki. Se acompaña de un fresco mix de col morada, zanahoria y espinaca.</i>	\$205
SHORT RIB SPRING ROLL (80 G) <i>Crispy rolls filled with braised short rib, served on a bed of guacamole, with fresh radishes and serrano chili. Texture, flavor, and contrast in a single bite.</i>	\$310
SALMON TIRADITO (120 G) <i>A refined expression of the sea: salmon cured by hand for two days in Nayarit salt, accompanied by creamy avocado and ponzu infused with roasted garlic. A subtle, elegant dish full of nuances.</i>	\$210

SALADS

TRADITIONAL CAESAR SALAD <i>The elegance of a classic, served fresh. Crisp romaine lettuce hearts, emulsified dressing with garlic and anchovies that melts with distinction. Delicately grated Parmesan cheese and artisanal croutons round out this experience with character and texture.</i>	
NATURAL	\$220
WITH CHICKEN (120 G)	\$290
WITH SHRIMP (120 G)	\$355

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SALADS

CAPRESE SALAD *Vegetarian* \$230

Fresh, mild mozzarella, cherry tomatoes freshly picked from our garden, and a classic basil pesto that perfumes every bite. An ode to Italian simplicity, elevated with ingredients of noble origin.

AVOCADO STUFFED WITH SHRIMP (110 G) \$260

Ripe avocado stuffed with sautéed shrimp and fresh vegetables, bound together with a spicy touch of sriracha. A vibrant, fresh dish with personality.

SERRANO HAM SALAD \$240

A mix of organic lettuce with Serrano ham, peaches sautéed in agave honey, goat cheese, pistachios, cherry tomatoes, and balsamic reduction. Sweetness, acidity, and depth in perfect harmony.

GREEK SALAD *Vegetarian* \$190

An authentic and vibrant version: fresh tomatoes from the garden, Kalamata olives, feta cheese, cucumber, red onion, and fresh oregano with olive oil. Pure Mediterranean essence.

CREAMS AND SOUPS

CARROT AND CARDAMOM CREAM *Vegetarian* \$120

Carrots poached in butter and cream, scented with subtle citrus cardamom. Served with golden croutons with anchovy butter. Smooth, comforting, and elegant.

TORTILLA SOUP \$150

Our tribute to Mexican flavor: tomato broth enriched with dried chilies, accompanied by crispy fried tortilla strips, cheese, fresh cream, avocado, pork rinds, and a touch of pasilla chili. Tradition with elegance.

CALDO DE PIEDRA (STONE BROTH) \$220

An ancestral ritual served at the table: shrimp and fish of the day cooked with hot stones, in the original style of San Felipe Usila, Oaxaca. An experience of flavor and living tradition.

MILPA SOUP *Vegetarian* \$160

A symphony of the earth: huitlacoche, squash blossoms, mushrooms, corn kernels, and epazote. Ingredients that coexist in the countryside and harmonize in this soup full of identity and flavor. Pure connection with the earth.

LENTILS AND PLANTANOS *Vegetarian* \$160

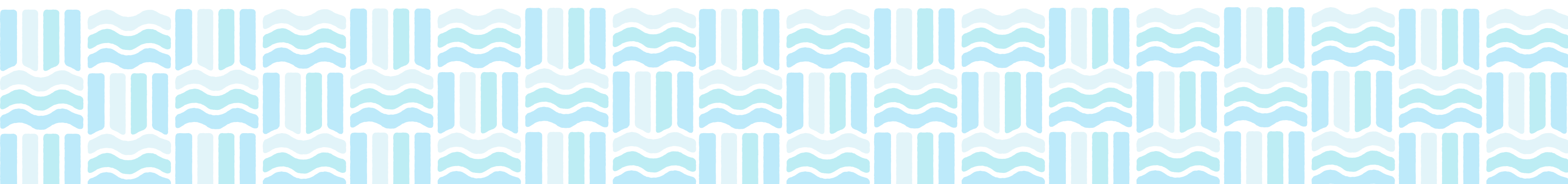
Lentils in vegetable broth with sweet notes of fried plantains and hints of tomato. A warm balance between the traditional and the unexpected.

MAIN COURSES

RIB EYE (350 G) WITH HOJA SANTA CHIMICHURRI, SERVED WITH STUFFED POTATOES AND ASPARAGUS \$995

Choice grade rib eye, grilled to perfection and enhanced with hoja santa chimichurri. Served with grilled asparagus, potato stuffed with bacon, parmesan, and cream, and a delicate mushroom sauce.

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MAIN COURSES

SHORT RIB STEW (180 G)

\$490

Slow-cooked ribs for 8 hours until perfectly tender. Served with orzo risotto with cremini mushrooms, caramelized figs in Tempranillo wine, and dark beef sauce.

CHOICE BEEF FILLET (200 G)

\$960

Choice quality fillet medallion with gratin potatoes and grilled asparagus. Three classic sauces to choose from: pepper, red wine, or béarnaise.

SMOKED BRISKET (180 G) ON MASHED POTATOES, BATHE IN BEEF GLAZE

\$350

Brisket smoked for 4 hours, served on rustic mashed potatoes and bathed in a reduction of juices and red wine. Roasted vegetables accompany elegantly.

BUENA VIBRA BURGER (180 G)

\$240

Signature burger: Sirloin beef with aged cheddar, caramelized onions, sautéed mushrooms, and pickle dressing on artisan brioche bread. Served with homemade potato wedges.

TAMPIQUEÑA DE ARRACHERA (250 G)

\$390

Grilled arrachera steak, accompanied by homemade enmolada sauce, fresh guacamole, roasted nopal, cambray onions, and refried beans. A dish with Mexican soul, served with elegance.

BABY BACK RIBS (300 G)

\$360

Tender, golden ribs glazed with apricot, orange, and soy sauce, served with velvety mashed potatoes.

CRISPY PORK BELLY (180 G)

\$280

Crispy on the outside, melt-in-your-mouth tender on the inside. This braised pork belly is accompanied by sweet potato purée, roasted pattypan squash, and a Dijon mustard demi-glace that elegantly coats the dish.

ROKA SHRIMP (150 G)

\$245

Golden shrimp coated in panko, accompanied by fresh coleslaw and a subtle touch of siracha mayonnaise. Crispy, spicy, and refined.

GOLDEN FISH WITH PIPIÁN (180 G)

\$380

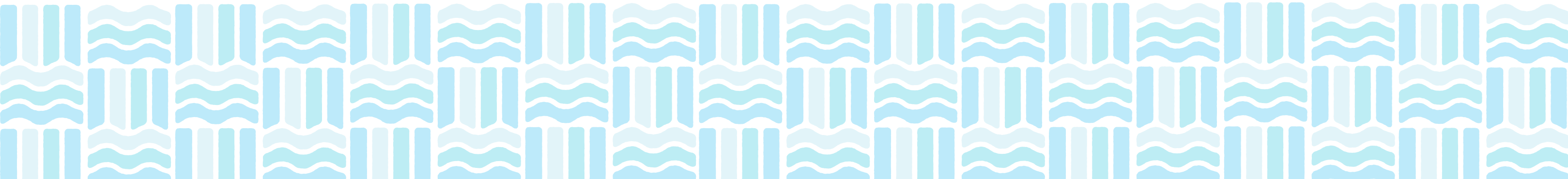
Grilled golden fish fillet on a bed of green pipián made with herbs and seeds. Roasted vegetables complete this dish with its deep, fresh flavors.

POKE BOWL

NATURAL	\$200
CON CHICKEN (120 G)	\$230
CON CURED SALMON (120 G)	\$340
CON FRESH TUNA (120 G)	\$310

A vibrant and fresh composition: white rice topped with cured salmon or fresh tuna, crisp vegetables, avocado, cream cheese, and Asian notes of teriyaki and ponzu. Crispy wonton and sriracha mayonnaise add the perfect finishing touch to this symphony of textures.

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MAIN COURSES

BLACK RISOTTO WITH CRISPY OCTOPUS (130 G) \$390

The sea and the land in a symphony of flavors: Creamy Arborio rice stained with squid ink, sautéed with chistorra sausage, tomato, and onion, topped with Parmesan cheese, al dente asparagus, and a grilled octopus tentacle with crispy skin. An intense and sophisticated seafood experience.

LAQUERED SALMON WITH POLENTA PURÉE AND SAUTÉED ASPARAGUS IN BUTTER (200 G) \$350

Grilled salmon fillet glazed with a delicate orange reduction. Served on a bed of creamy polenta and accompanied by asparagus sautéed in butter and white wine. A subtle and harmonious combination that comforts with elegance.

SHRIMP BURRITO (140 G) \$285

Shrimp with garlic, red onion, and celery, wrapped in a Sonora-style tortilla. Served with fresh vegetables, red cabbage, tomato, cucumber, and our special dressing. A vibrant and refined coastal reinterpretation.

CONFIT DUCK (150 G) \$415

Shredded duck confit, sautéed with onion, garlic, and cilantro, served over a delicate house red mole sauce. Accompanied by fried plantains, adding sweet notes that balance this intense and memorable experience.

CHICKEN CURRY (180 G) \$380

Juicy chicken cubes bathed in a mild curry sauce with coconut milk, accompanied by white rice and exquisite garnishes: shredded coconut, mango chutney, boiled egg, cranberries, walnuts, and crispy bacon. A journey of aromas and textures.

VEGETARIAN BURRITO \$230

A wrap full of flavor and softness: spiced lentils, red cabbage, tomato, cucumber, and avocado come together in a handmade tortilla. It is accompanied by golden sweet potato wedges for a warm and comforting contrast.

VEGETARIAN CURRY \$370

Chickpeas and seasonal vegetables in a silky curry and coconut milk sauce, served over white rice. The dish is garnished with exquisite contrasts: shredded coconut, boiled egg, mango chutney, cranberries, and a crunchy touch of walnuts.

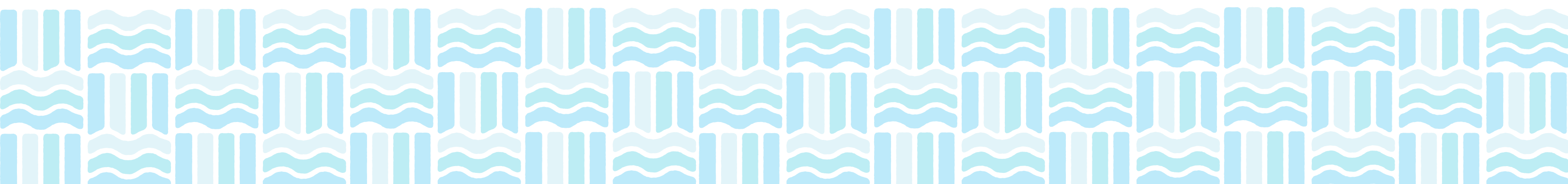
SERRANO CHICKEN BREAST (180 G) \$360

An elegant fusion: chicken stuffed with Serrano ham and cheese, with a pistachio crust, accompanied by silky cauliflower purée, sautéed spinach, confit tomatoes, and Brussels sprouts, all framed by a port wine reduction.

SANDWICH CLUB \$230

An elevated classic: organic turkey breast and chicken salad with crispy bacon, layered with aged cheddar cheese, fresh lettuce, and ripe tomato. Served with perfectly golden French fries.

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PASTA

PAPPARDELLE

\$210

Wide pasta cooked al dente in a delicate garlic and onion cream sauce, with sautéed spinach, cherry tomatoes, and Parmesan cheese that subtly coats each strand.

FARMHOUSE LASAGNA

\$220

The heart of the Morelos countryside in every bite: lasagna with quelites, huitlacoche, and cazahuate mushrooms, endemic ingredients that emerge strongly during the rainy season. Earthy, comforting, and deeply vegetal, an authentic expression of the Morelos terroir.

CARBONARA PASTA

\$200

Pasta wrapped in a silky egg yolk carbonara sauce, with golden pancetta and aged pecorino cheese that melts with character. A tribute to Italian culinary art, served with timeless elegance.

SAILOR’S STYLE PASTA

\$260

A journey into the ocean: pasta in a rich seafood sauce with a shrimp bisque base, finished with cream and butter. Plump shrimp, tender octopus, and fresh mussels complete this maritime experience.

KIDS' MENU

CREAMY PASTA WITH BROCCOLI

\$190

MINI SLIDERS (80 G)

\$215

Two mini beef burgers with cheese, brioche buns, and French fries.

MAC AND CHEESE WITH ASADA CHICKEN (150 G)

\$210

PASTA IN CREAMY TOMATO SAUCE

\$190



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DESSERTS

**PAVLOVA WITH PASSION FRUIT SAUCE,
SEASONAL FRUITS, AND PINOLE**

\$175

Traditional Australian dessert with Mexican touches of blue corn pinole and blue spirulina powder, accompanied by regional red berries.

CHOCOLATE VOLCANO

\$165

Chocolate cake with a liquid center served with vanilla ice cream.

YELLOW CORN CAKE WITH ROMPOPE SAUCE

\$180

Traditional cake from the region's corn season, with the sweet touch of yellow corn, accompanied by eggnog sauce.

SOPA INGLESA

\$210

Sponge cake cubes soaked in port wine, red berries, banana, and custard sauce.

APPLE STRUDEL

\$190

Puff pastry and homemade green apple filling, served with vanilla ice cream.

TRADITIONAL MEXICAN CREPES

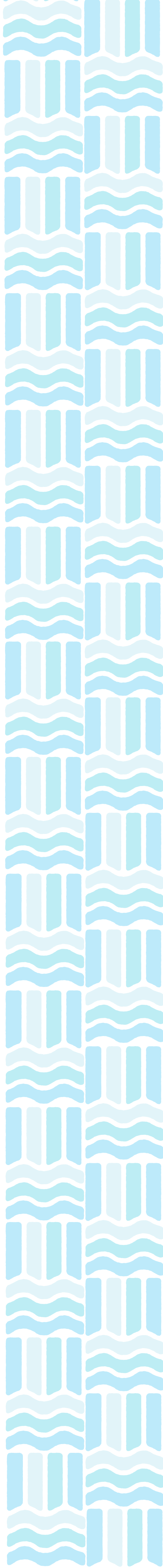
\$220

Trilogy of popcorn crepes, roasted corn husks, and pinole; accompanied by spiced guava compote, marzipan dulce de leche, and mezcal sauce with orange.



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La Buena Vibra

WELLNESS RESORT & SPA

Tepoztlán · Morelos · Mx

